**H&SC COMP 3 KNOWLEDGE ORGANISER – A1 Factors Affecting Health**

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| **Topic** | **What I need to know…** |
| **A1 Definition of health and wellbeing** | The definition of health and wellbeing is:   * A combination of physical health and social and emotional wellbeing and not just the absence of disease of illness |
| **A1 Physical factors that affect health and wellbeing** | Physical factors that can have positive or negative effects on wellbeing are:   * Inherited conditions – sickle cell disease, cystic fibrosis * Physical ill-health – cardiovascular disease, obesity, type 2 diabetes * Mental ill health – anxiety, stress * Physical abilities * Sensory impairments |
| **A1 Lifestyle factors that affect health and wellbeing** | Lifestyle factors that can have positive or negative effects on wellbeing are:   * Nutrition * Physical activity * Smoking * Substance misuse |
| **A1 social factors that affect health and wellbeing** | Social factors that can have positive or negative effects on wellbeing are:   * Supportive and unsupportive relationships * Social inclusion or social exclusion * Bullying * Discrimination |
| **A1 Cultural factors that can affect health and wellbeing** | Cultural factors that can have positive or negative effects on wellbeing are:   * Religion * Gender roles and expectations * Gender identity * Community participation |
| **A1 Economic factors that can affect health and wellbeing** | Economic factors that can have positive or negative effects on wellbeing are:   * Employment situation * Financial resources –income, inheritance, savings |
| **A1 Environmental factors that can affect health and wellbeing** | Environmental factors that can have positive or negative effects on wellbeing are:   * Housing needs * Housing conditions – cramped conditions/mould/unhygienic environment; space/hygienic environment * Housing location * Home environment – living with high level of parental conflict, abuse and neglect * Exposure to pollution – air, noise and light |
| **A1 The impact of PIES and wellbeing due to life events** | The impact of life events on PIES due to the following life events:   * Physical events * Relationship changes * Life circumstances |